Archaeology of Felipe

in the French culture

3AI Project

Felipe SANCHEZ

**SECOND PART. Results of the Archaeology: One library for feelings.**

Memory and transformation

*“Lost opportunities, lost possibilities, feelings we can never get back. That's part of what it means to be alive. But inside our heads - at least that's where I imagine it - there's a little room where we store those memories. A room like the stacks in this library. And to understand the workings of our own heart we have to keep on making new reference cards. We have to dust things off every once in awhile, let in fresh air; change the water in the flower vases. In other words, you'll live forever in your own private library”* Kafka on the shore

This second part of this personal project was started by one idea that gives me the book Kafka on the Shore, by Murakami. Nakata, Kafka and me had done a long travel, one travel that ends today. Today I finished my travel inside myself; trying to pick which of those memories “souvenirs” I want to keep from the last year. I have done a long archaeology, and I will be proud to show all the result that I had found, but I find useless to share all, to build all as it was.

Mostly, my decision in the end of this second part is to build one library. It is some personal work that would consist in organizes the feelings that I used to access in certain moments of crises, certain moments of anxiety, but certain moments of pleasure, of happiness and certain moments of fulfilment.

How to build a library for feelings?

The better library for feelings will have stories. Will have the story that is attached to every feeling. There would be long stories and short histories. Then, there would be some type of catalogue. Some clues that will come to my memory and make me go back to that moment, it is not like in a library the number R-MUR-k 22672 to access one book. It would be some detail that can be capture by one of the five senses. It could be some smell, some picture, some sound. Each one of those sensations will bring to my head what was happening there, then the story, then the feeling. It is all about organization.

A continuation I show a part of the library that I have make:

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| **EVENT** | **Senses perceptions** | | | **Feelings** | | |
| The first week I found some feeling of excitement and emotion about all new. | Hear French classes | See ensgsi web page | Talk with family | Wonder | Expectation | Excitation |
| I had also some sentiment of guilt, because I had made some expensive mistakes and I miss one the first plain. Mixed with one sentiment of responsibility and stress in face of all money I was going to spend here that could not be spend without good result. | I was taking my interview in Campus France, The lady ask for my passport, I looked in my bag, and it wasn’t there, I forgot the passport at home! | I was looking in the Air company for new flight | I was talking with my family about what I have done | Fear | Guilt | Sorrow |
| I feel happy because I was leaving the University National of Colombia. I love my University, but I was already several years then and the system make me that I would have to spend some more years before graduation | Last day I went to my university, I walked thought the Campus, watch the trees and hear the people | I will finish my studies outside | I eat some Colombian food in the university | Nostalgic | Fulfilment | Happiness |
| I feel happy because the new world, the class, the integration, the food, the party. So I was in all activities of school, I was in lot of parties the first two weeks; I loved summer and long days. | I finished the interoceanic travel by plane, I went down of the plane and I see I am in Spain | I hear people speaking different European languages | I feel my big traveling bags, those with all things for two years | Happiness, Fulfilment | Curiosity | Expectation |
| Then the routine started. The cold days, the same classes. I found in Jessica and she found in me as well some partnership to share feelings and thoughts about this new months. We had similar history about couple in the distance. | Putting all clothes that were necessary to not feel so close when I went outside | I feel my riding my bike, going down to the GSI very fast | With my ex I feel disappointed, I didn’t see hope of the relation | Bored | Happiness | Sadness |
| Then the winter, the cold as I never meet before. I didn’t know my body react, my feelings, and my brain, react to the change of the temperature. I became more inside myself as a refuge. And I search refuge on my girlfriend within long Skype conversation, | Cold in every day activities, I feel the cold in my body, i feel my hands frozen, I feel my body needs from eating more | I didn’t see the light of the sun, I see longer nights | I feel the snow in my face every time I take my bike | Sadness | Sadness | Cold |
| ü  I meet the point where conversation in Skype for 4 hours where better than going out Party. It was some time I didn’t wanted to be outside. | I feel again hope, and again sadness about the relationship, there was mixed | I preferred my comfort room, ratter than going outside | I feel warmer if I just stay | Satisfaction | Laziness | Hope |
| Then I had some problems with the group project, | I feel fear of doing mistakes | I feel angry because I see my effort was worthless | I feel un-powerful | Fear | Ager | Sadness |
| Finally, winter ends. I found some hope in returning for summer vacations to Colombia. I needed to resolve personal feelings in those two months, so I do. | I feel some hope again, warm in my veins | I see the tickets of going back | I hear, and I speak with family more often | Hope | Hope | Happiness |
| When I buy the tickets to return hope return to my heart and it give me some strength for continue the studies and living. | I see change would be soon | I feel the stress of change, and that the first term is ending | I see all that I wrote in some letters | Hope | Stress | Nostalgic |
| I promise me do better this year. Change room, feel more confortable. And build relationship with people here too. | I feel hopeful, i feel powerful again | I feel change in progress | I feel I had second change | Happiness | Fulfilment | Hope |

**What I have learned from the Feeling Library.**

In the last class of the course of Monique Lacotte, she talked about feelings and emotions. She said that there is lot of feelings, the feelings are link to the language, and it changes in every culture. But there are only four emotions: Fear, Anger, Sadness and Happiness. Emotions are physiological answers, they are the motor of the body, and they hide some internal need.

I find this very interesting and I am making the link between his course and my English project: I have found lot of emotions that I lived in the last year. I have all of them in the library that I just make. Now, I am taking all the list of feelings and I am counting how many times it is repeated every of the four emotions:

She talks about the “Racket” of emotions. This means that we always show some comportment socially authorize and hide some forbidden emotion. I was exploring this in the list that I have. I found that mostly I have hid the sadness and show the fear. And even some times I have hid the anger and I show the fear. That is why I didn’t work at the same level in the group project. And that emotion was feeling so many times that it becomes one automatic answer of my body. It becomes the most common state of mind in me during some of the sessions.

**Bibliography to the continuation of the project:**

* Transactional analysis Books